

ASK THAT PUBLIC AID HEALTH OFFICER

COUNTY BOARD URGES CO-OPERATION IN PREVENTING DISEASE.

To The Public:

Pursuant to a call by County Judge John B. Wilson, Drs. Willard Lake, A. B. Riley, E. B. Pendleton and Judge Wilson met in the office of the County Judge at 4 o'clock P. M., Feb. 15, 1917, for the purpose of organizing the County Board of Health. Dr. Henry Smith, of Cromwell, (elected by the Fiscal Court), being absent, Drs. Lake, Riley and Pendleton exhibited their commissions from State Secretary, Dr. A. T. McCormick and the Board proceeded to organize as follows: Chairman, Judge John B. Wilson; Sec. and Co. Health Officer, Dr. E. B. Pendleton.

Realizing that little can be done in keeping in touch with modern thought and modern methods in this progressive age unless we are backed by the profession and general public. We beg of you to co-operate with us in every possible way to insure the best service for the least money. Remember "An ounce of prevention is worth a pound of cure." To it involves as duty upon every citizen of a community to aid in preventing an epidemic of an infectious disease rather than the more serious question of what such an epidemic means to a community in every way.

Through the kindness of our local editors we hope to publish monthly through their columns extracts from recognized authorities relative to such matters and we hope by your co-operation to keep Ohio county in such a sanitary condition as will commend her to the State Health Authorities. Our first publication will be "The duty of the teacher in communicable disease."

After discussing the question of general sanitary conditions about the county, the board adjourned to meet at the call of the Chairman.

JUDGE J. B. WILSON, Ch'm'n.
E. B. PENDLETON, M. D. Sec.

The Duty of The Teacher in Communicable Disease.

Duty to the Pupil. The State provides education and makes it compulsory; it is therefore the duty of both health and educational authorities to see that the scholars suffer no avoidable impairment of health in consequence of school attendance.

The teacher has at heart the interest of the children and should have the elementary knowledge necessary to promote the physical welfare of the little ones entrusted to his or her care, during a number of hours of each day, at a most vital period of their lives.

The teacher does not fulfill all the obligations of the position by simply giving school children mental and moral training, but in addition should consider their eyesight, their growing bodies as they sit at their desks, the air they breathe, the temperature of the school room, the water and water cups, the proper care of sanitary conveniences, the bodily cleanliness of the pupils, and all things which concern their physical well-being. The teacher ought to be prepared to share the work of the health authorities in detecting, perhaps before anyone else has a chance to do so, the presence of any of the communicable diseases to which children are especially susceptible.

Communicable Diseases. The assembling together of children in classes affords a good opportunity for those in charge to notice the presence of anyone who may be in the first stages of some communicable disease and thus help greatly in arresting its spread.

Communicable diseases are caused by minute living bodies, called "germs," which gain entrance to the body, multiply in it and produce poisons which cause the symptoms characteristic of the different diseases. Such diseases are also called "infectious" and sometimes "contagious."

During the course of many of these diseases the living germs or seed are set free from the body in its discharges, and thus, through ignorance or carelessness, may be conveyed or "communicated" from the sick to the well. It is thus actually not the disease, but the germs or seed of the disease, which are communicated.

Germs. Germs do not develop spontaneously, nor are they evolved from dust or dirt. Germs come from germs, and directly or indirectly from a previous case of the disease they convey, so that if it were possible to kill off all the germs of a disease, there would be no more cases of that disease.

Disease germs leave the body in various ways: in the discharge from the nose and throat, in the expectoration, in the act of sneezing or coughing, in the urine, and in the discharges from the bowels. They come

always from just one source—from the bodies of human beings sick with that particular disease. The people who sow these dangerous seeds may be sick themselves, or they may be coming down with disease, or they may be getting over it. Sometimes we find human "carriers," as they are called, who have had a disease years before, or so far as can be discovered, have never had the disease at all, and yet are cultivating disease germs in their bodies and distributing them to infect others.

The disease germs are accustomed to the warm, rich fluids of the body and do not live long away from it. The great danger lies in a rather direct transfer of infected material from one person to another. There are three principal agents by which this transfer is brought about and by which diseases are commonly spread. These have been alliteratively described as Food, Fingers and Flies.

It requires more than the germ to induce a case of disease. Germs of the most virulent diseases often exist in the nose, throat or intestinal canals of persons who show no signs of being anything but healthy individuals. To contract the disease the tissues of the body must be in a condition to permit the rapid growth and multiplication of the germs, and the consequent formation of the poisons which produce the disease. Thus we must have not only the seed, but a suitable soil for its development.

The most effective measure for keeping disease germs away from healthy persons is to destroy them at their sources, that is to control the discharges and wastes of persons affected with these maladies. This is one of the most important of the duties of physicians, nurses and health officials, and also of parents and teachers, who may have the sole responsibility for such diseases in the earliest stages.

Since some cases of disease or carriers are always likely to escape detection, the care of those known to be sick must be supplemented by the cultivation of habits of personal cleanliness on the part of the well. The cardinal principle of disease prevention is that nothing shall go into the mouth which is not known to be bacteriologically clean. Few people realize how often fingers, pencils and all sorts of objects go to the mouth, and the breaking of such habits is one of the most effective methods of sanitation. Food and pure water are the only things which should pass the gateway of the lips, and these and the utensils and the fingers with which they must be handled should be clean in the sanitary sense, not merely free from visible dirt, but from the most dangerous kind of dirt, the pollution from other human mouths, hands and discharges.

Furthermore, it is important not only to keep disease germs away from the body as far as possible, but also to maintain such a condition of health that the germs will not grow, even if they enter the body.

Lack of fresh air, an insufficient supply of nourishing food, improper clothing and mental or physical fatigue, put the body in condition to acquire disease. On the other hand, resistance to disease is developed by an abundance of fresh air, nourishing food, pure drinking water, a reasonable amount of exercise and play, in the open air if possible; clothing suited to the weather conditions, personal cleanliness, and regular habits in answering the calls of nature. The teacher should encourage all healthy habits, and an intelligent understanding of the reasons for them, and should not allow the children to become tired and fatigued during school hours.

If a single case of communicable disease appears in a school, there is always a danger that other cases will follow unless immediate steps are taken to remove the child, who should be excluded from school and rigidly isolated.

It will be observed from the following description of the more serious communicable diseases that the most common early symptom is "a cold." If all cases of apparently acute colds were excluded from school until it is proved that they are not the early symptoms of some of these more serious diseases, epidemics would be far less common than at present. If the children in a classroom are prone to have colds, there is a reason for it. Exclude the first case, giving the school and community the benefit of the doubt, and ask your health officer to advise you.

Inspection of Children. Early in the daily school session teachers should observe the general condition of every pupil. Any who are not well should be separated from the class until it is found out whether they are suffering from a communicable disease. The reason for the absence of a pupil should always be ascertained. Careful questioning of the other children often discloses a case of communicable disease, and such an inquiry impresses on the children the importance of controlling

ing these diseases.

The teacher and the Health Officer should promptly notify the health officer whenever a case of communicable disease is discovered at school, or is reported as the cause of absence, and the health officer ought to notify teachers of such diseases in families where there are school children. In other words, the teacher and health officer should work in harmony together to a common end.

Closing of Schools or Classrooms. If a case of communicable disease is discovered at school, the health officer will determine whether it is necessary to close the entire school, or only the classroom. Both of these measures should be avoided if possible, for at school the children are under control and, moreover, the teacher may be able to discover cases that exist in households not known to the health officer. When the school is closed, the disease may spread more quickly because the movements of the scholars are unrestricted.

A child who has had a communicable disease, or in whose family there has been such a disease, should not be allowed to return without permission from the health officer.

Circulars on Communicable Diseases. Besides those in this Bulletin, the State Board of Health has issued circulars on the following diseases: Smallpox, trachoma, rabies, and hookworm. Any teacher can obtain them free from the local health officer, or from the State Board of Health, at Bowling Green.

Sanitation. In spite of every effort to make the school rooms sanitary and healthful, and notwithstanding many precautions to exclude children suffering from communicable diseases, such children are frequently seen in our schools. It is therefore necessary that the teacher should constantly bear in mind the fact that any child though not ill or even indisposed may be a source of danger to its schoolmates; therefore, children should be seated as far apart as practicable. Individual books should be used. Each child should be provided with an individual drinking cup. Paper cups that can be used a number of times are quite inexpensive. There is no doubt that the germs of disease have often been transmitted by the use of a common cup or dipper. For the same reason pencils should not be exchanged, and pupils should not be allowed to put pencils in their mouths. Children should be cautioned against exchanging chewing gum, or eating fruit, candy or anything else which has been near another person's mouth. Spitting on the floor should, of course, be prohibited by the teacher. Kissing, and coughing or sneezing in the face or over the hands of another child, are common methods of transmitting communicable disease.

(To Be Continued.)

When to Take Chamberlain's Tablets.
When you feel dull and stupid after eating.
When constipated or bilious.
When you have a sick headache.
When you have a sour stomach.
When you belch after eating.
When you have indigestion.
When nervous or despondent.
When you have no relish for your meals.
When your liver is torpid.
Obtainable everywhere.

Now You Stop.
A young man named Older knew an old man named Younger.
Old man Younger had a son younger than Older and another Younger older.
The older Younger liked the youngest Older and the older Younger's older was pleased.
But the younger Younger disliked the older Older simply because he was younger and the other was older.
Friction grew between the older Younger, the elder Younger and the younger Older and to this day the Olders and Youngers do not mingle.—St. Louis Post Dispatch.

JAPAN PAYS TRIBUTE TO ENVOY'S MEMORY
Tokio, March 9, (Delayed).—The body of George W. Guthrie, the American Ambassador to Japan who died suddenly Thursday, was taken to the American embassy today under the escort of Japanese cavalymen. Funeral services probably will be held Sunday. The Emperor will be represented by an imperial prince.

The sudden death of Ambassador Guthrie was a shock to Japanese statesmen by whom he was held in high esteem. Premier Count Terauchi, Foreign Minister Montecio and Vice Foreign Minister Shidehara expressed to the Associated Press tributes to the nobility and character of the late ambassador and his efforts in the promotion of friendship between Japan and the United States which, they declared, constantly have become more cordial since his residence here. Members of the Im-

perial Court, Government officials and diplomats also expressed their sorrow.

Japanese newspapers print at length details of Ambassador Guthrie's career and declare that his death is a great loss both to the United States and Japan.

LARGE PRODUCTION OF FUEL BRIQUETS

The production of fuel briquets in the United States in 1916 was 295,155 net tons, valued at \$1,445,662, in increase compared with 1915 of 73,618 tons, or 33 per cent in quantity, and \$409,946, or 40 per cent in value. The production in 1916 was the greatest recorded, exceeding that of 1914, the previous high record, by 44,524 tons.

This increase in the production of fuel briquets in 1916 is attributed by C. E. Lecher, of the United States Geological Survey, Department of the Interior, to the improvement in trade conditions arising from the unusual demand for coal, and to a greater general appreciation of the value of briquets for use as household fuel. During the last two years the product of many of the plants has been so much improved that it gives off less of the heavy, tarry smoke that domestic consumers have found so objectionable.

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Real Estate!

FARM LANDS and City Residences are now selling at a low cost, but don't expect it to be so always. If you ever expect to own your farm or your home now is the time to buy.

WE HAVE several farms listed in Ohio county and they can be had for reasonable prices and liberal terms. If we do not have the particular farm you desire we will make efforts to get it for you.

IF YOU want to move to Hartford where our children will have the advantage of a good high school notify us. We have houses and lots for sale and believe you can select one from our list to your liking.

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HOTEL POWHATAN WASHINGTON D.C.

In a city where good hotels abound, the Powhatan heads the list. It is first in the hearts of its countrymen.



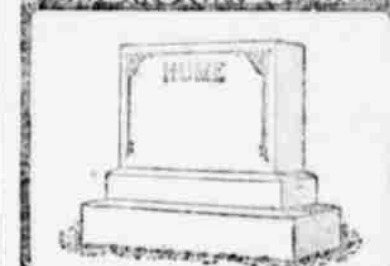
The Powhatan is refined, exclusive, and restful. Its excellent location on Pennsylvania Avenue, 18th and 19th Streets, makes it a desirable headquarters for social couples, tourist parties, conventions, schools and colleges.

The Powhatan attracts the people of culture and education. Its proximity to State, War and Navy Departments, also to many points of historical interest, makes this hotel especially attractive to a discriminating public.

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CLIFFORD M. LEWIS, Manager.

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